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WAR FOOD ADMINISTRATION
Office of Marketing Services

511-513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
April 5, 1945

WARTIME FOOD BULLETIN

With danger of famine abroad and with prospects of stricter rationing at home, it is up to us all to produce, to conserve, and to salvage all sorts of foods. Here in the United States we have been eating more per capita of many foods than before the war. We hope to continue on a good wholesome diet. Yet there are certain relief needs that must be met. Military and lend lease are siphoning off one-half of the past season's canned fruits, somewhere near half of the dried fruits, one-third of the canned vegetables, and practically all of the dehydrated vegetables. We have only partially learned our lesson of substituting one food that is plentiful for another that is scarce, but other nations engaged in the war have had to do this very thing much more than we have. They have done it in preference to going very hungry.

In the Dallas-Fort Worth area onions still rank high as a best buy. Holders of old onions are trying to move them into consumption. They want to clean up supplies in readiness for the new crop which has already begun to move from South Texas. Mrs. Thrifty Housewife might well use more onions. Creamed onions, fried onions, stuffed baked onions might all appear on the menu more frequently. So buy some onions at your store today and let their flavor pep up your meatless meal or add zest to the meats which you serve.

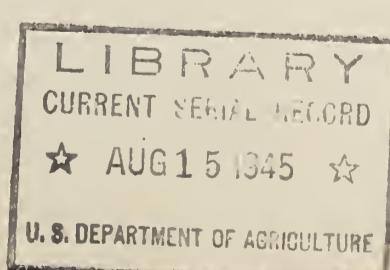
The local picture on the vegetable and fruit market is changing. Summer varieties of yellow and white squash are more plentiful and cheaper. English peas are seen in the stores more often. Yet most of the fruits and vegetables are none too abundant. The bargain hunter must be on his toes alert to find the best values for his market basket for there are scarcely any of these fresh products in the distress class.

Cabbage and root vegetables which have been among the best buys for some time are a little higher and none too plentiful this week, but dealers hope for more ample receipts soon although some of the winter districts are drawing to a close. Cabbage supplies from Texas are being supplemented by rail arrivals from Louisiana.

There are no heavy offerings of fruit with the possible exception of small sizes.

Among the best buys not already mentioned are carrots, beets, spinach, sweet potatoes, celery, grapefruit, oranges, and apples.

Furnished by Ralph G. Risser
Federal Food Reporter



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WAR FOOD ADMINISTRATION
Office of Marketing Services

511-513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
April 12, 1945

WARTIME FOOD BULLETIN

Supplies of many fresh fruits and vegetables in the Dallas-Fort Worth marketing area have been none too liberal recently but the stage is all set for the arrival of more new crop Texas products. Some of these crops are developing earlier than usual and receipts are showing up in the markets. Special interest at this time is centered in the onion and tomato crops of South Texas which are now moving but there is also interest in the Texas new potatoes now on the market, the Texas cucumbers which are appearing occasionally, and the green corn which is coming on ahead of last year's record. Texas produces these and other foods in a large way. The marketing season is at hand. The consuming centers of Texas should receive their full share of these commodities.

If you have been waiting for the new crop of sweet, mild Bermuda onions grown in Texas it should not be necessary to wait longer. They are already here. Both the yellow Bermudas and the Crystal White Wax onions are being harvested and shipped. The movement of these onions from the various districts of South Texas is one of the important and interesting annual occurrences in the fruit and the vegetable industry of the United States. Every spring it is a major topic of conversation in the leading produce markets of the country. It is a dominating factor in the onion market for two months or more.

If you like the flavor of Texas grown tomatoes and have been looking forward to keeping the table supplied with this colorful product it should soon be possible to do so. First arrivals from the Lower Rio Grande Valley are being repacked. They are expected to improve in quality and maturity as the movement increases.

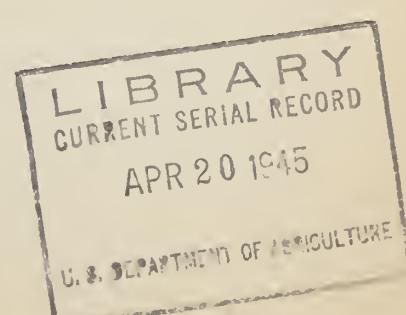
In a more limited way cucumbers, asparagus, greens of various kinds, strawberries, okra, and other products which we associate with springtime are more often available.

But while looking for something novel do not overlook the other good buys which are offered. Bunched beets from South Texas are still traveling the produce trails of the country in goodly number. Beets are one of the few garden vegetables that can be eaten en toto--leaves and root. Originally, only the leaves were eaten as "greens", but as the result of gradual cultivation the size and sweetness of the roots have been increased. Now while it's the beet root that is the chief production feature of this crop, the leaves--especially the young tender ones--should not be wasted. They're a good source of vitamin A.

Carrots from Texas and California are in the bumper crop list right now. Besides their abundant amounts of vitamin A, carrots are also a fairly good source of niacin, riboflavin, calcium and iron. The increased popularity of carrots in the last few years might well be justified by nutritive value alone.

Furnished by Ralph G. Risser

Federal Food Reporter



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WAR FOOD ADMINISTRATION
Office of Marketing Services
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Fort Worth 2, Texas
April 19, 1945

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WARTIME FOOD BULLETIN

Spring is well advanced in the Dallas-Fort Worth area and a splendid assortment of vegetables is one of the results. Recent additions to the vegetable list widen the variety from which consumers may select their purchases. The markets are drawing upon both nearby and distant sources of supply. Home-grown products are appearing more frequently but other districts in Texas and numerous other states are also providing important items. Current carlot arrivals include tomatoes from Texas and Mexico, celery from California and Florida, and lettuce from Arizona and California. Rail receipts from Texas alone include green corn, onions, and sweet potatoes. Fruits include apples from Washington, lemons and oranges from California, bananas from Mexico, grapefruit from Texas, and strawberries from Louisiana and Texas. Other commodities, most of which are coming in by truck, include cabbage from Louisiana and Texas, carrots, beets, turnips, new potatoes, beans, squash, blackeye peas, cucumbers and asparagus from Texas. Listed among the products which are at hand in ample supply are green beans, beets, cabbage, carrots, white and yellow squash, and tomatoes.

Average prices at the wholesale level are now a little lower on corn, squash, tomatoes, and strawberries. The first blackberries of the season have arrived at Fort Worth. Homegrown greens of various kinds and local asparagus have been brought in.

A big part of the nation's asparagus crop is grown in California and April is one of its major shipping months. Some of this asparagus from the Pacific Coast is now here supplementing the supply from Texas. As the weather gets warmer more liberal quantities of Texas asparagus are expected to bring their full quota of minerals, health-giving properties, and fresh flavor.

Housewives may now consider the increased supplies of white and yellow varieties of summer squash which are available. It may be used to add variety to the menu.

This is also a good time to think of using more onions. Fresh new crop supplies are coming from North of the Mexican border and the Coastal Bend area near the gulf. The boiler grade consists of onions less than two inches but at least one inch in diameter. Such onions are considered especially suitable for boiling.

The mid-April outlook for shipping vegetables is bright. Estimates of production indicate an increase over last year in the prospective supply of asparagus, snap beans, beets, cabbage, celery, cucumbers, eggplant, lettuce, green peas, green peppers, tomatoes and watermelons. However, lighter crops of cantaloups, carrots, escarole, garlic, spinach, and new potatoes are expected. Fewer onions than last year, but more than the 10-year average are in prospect. More strawberries than last season but less than the 10-year average are forecast.

Furnished by Ralph G. Risser, Federal Food Reporter.

